

# CHEER XPRESS TEAM HANDBOOK 2024-2025



Season 21  
Come be a part of our  
#CXFamily

[www.cheerxpress.com](http://www.cheerxpress.com)



**Dear Future Cheer Xpress Family,**  
We are so excited for our 21st season of competitive cheer! Please read this packet over carefully to understand what is available and your options for next season. We have different tiers of cheer teams, with various levels of commitment so you can find a team that will fit your family's needs. We have SO many amazing athletes and we want to be able to offer a competitive experience that matches their level of commitment. No matter if you're a beginner or an elite athlete, we have a team for you! Our amazing coaching staff makes sure all athletes at Cheer Xpress receive the same instruction, attention and fun that Cheer Xpress offers! We can't wait for Season 21!

**Love,  
Cheer Xpress Staff**





### **Why Cheer Xpress?**

**Our goal at Cheer Xpress is to develop athletes who are successful in the sport of cheerleading and who can take with them life skills such as confidence, kindness, empathy, resilience and humility. We want our students to have FUN, develop friendships, learn to be coachable, and enjoy their time at Cheer Xpress. We believe we have the BEST STAFF who go above and beyond to not only help your children succeed in this sport, but also care about each and every athlete that walks through our door. We strive to be competitive, and love to watch our teams as they continue to grow.**



# Athlete Skill Evaluations

## ATHLETE SKILL EVALUATIONS:

May 6th-May 9th

**ATHLETES WILL REGISTER ONLINE FOR THEIR AGE GROUP. AFTER THEIR SKILL EVALUATION, THE ATHLETE WILL BE INVITED TO SPECIFIC TRYOUT PRACTICE TIMES TO WORK WITH THEIR POTENTIAL NEXT SEASON TEAM(S).**

## TEAM TRYOUT PRACTICES:

May 13th-May 23rd

**ATHLETES WILL ATTEND 2 PRACTICES A WEEK FOR THESE TWO WEEKS TO PRACTICE AND TRYOUT WITH THEIR POTENTIAL 2024-2025 TEAM. AT THE END OF THE 2 WEEKS OF PRACTICES, NEW TEAMS WILL BE ANNOUNCED! THIS WILL BE PART OF THE TRYOUT PROCESS. THE PARENT VIEWING AREA IN THE LOBBY WILL BE CLOSED THESE WEEKS IN ORDER TO KEEP THE FOCUS OF THE ATHLETES.**

## TEAM REVEAL:

**TEAM REVEAL WILL BE AT CHEER XPRESS ON MAY 23rd AT 4:30PM!!!**

## SELECTION PROCESS:

**ATHLETES ARE SELECTED FOR TEAMS BASED ON SKILLS, THE STUNTING POSITION THEY MAY HOLD WITHIN A TEAM, WORK ETHIC, POTENTIAL ABILITY, AGE APPROPRIATENESS, AND COACHES' EVALUATIONS (FOR RETURNING MEMBERS). STUDENTS WILL BE REQUIRED TO DEMONSTRATE THEIR LEVEL OF STANDING TUMBLING, RUNNING TUMBLING, FLEXIBILITY AND JUMPS AT THEIR INITIAL SKILL EVALUATIONS. AFTER OUR INITIAL PLACEMENTS, ATHLETES WILL BE PLACED ON A TENTATIVE TEAM AND INVITED TO ATTEND TRYOUT PRACTICES. DURING THE TWO WEEKS OF TRYOUT PRACTICES, COACHES WILL EVALUATE THE ATHLETE'S SKILLS AND POSITION TO DECIDE IF THAT TEAM IS THE BEST FIT, OR IF ANOTHER TEAM WOULD BE A BETTER FIT FOR THAT INDIVIDUAL ATHLETE. WITH TRENDS IN CHEERLEADING CONTINUING TO MOVE TOWARDS A HIGHER DEMAND IN SKILLS FOR STUNTING WITHIN EACH LEVEL, WE WANT TO ENSURE YOU UNDERSTAND THAT ALTHOUGH YOUR ATHLETE MAY HAVE TUMBLING ABILITIES OF A HIGHER LEVEL, WE HAVE TO TAKE INTO ACCOUNT ALL SKILLS. WHEN WE ARE PUTTING TEAMS TOGETHER, WE ARE TRULY LOOKING TO PUT TOGETHER THE BEST TEAMS SO WE CAN PUT OUT THE BEST ROUTINES THAT WE POSSIBLY CAN.**



# Options at a Glance



## Novice Teams:

Novice Teams are our Half Year Teams. These teams are a great way to get involved in All-Star Cheer if you are just starting out, or want a smaller time and financial commitment. These teams will perform locally and compete in the “Novice” division at 2-3 events in Omaha/Council Bluffs. The season runs from September-April and will practice once per week. Novice teams wear a practice wear style of uniform as required for their division and have no skill requirements to join a team. If you are interested in a Novice Team, you will sign up for these teams in late July!

## Prep Teams:

Prep Teams are full- year teams for our Intro, Level 1 and POSSIBLY Level 2 athletes, or any athlete who wants a smaller commitment. This is a great way to experience competitive cheer with less commitment to practices and traveling. These teams will have practice once a week during the summer and school year. They will have a less expensive uniform than our Elite Teams. They will attend 5 regional competitions, locations will include Omaha/Council Bluffs, and 1-2 competition will be travel less than 3 hours away (Kansas City, Des Moines, Sioux Falls).

## Elite Teams:

Elite Teams-Full-year teams for Level 1-6 Athletes who want to compete in our region, as well as travel to 1-2 bigger events which could be located farther away for all level teams. These teams are very passionate, committed, and motivated. Athletes will be expected to make cheer a priority. Excellent technique in skills is a requirement. These teams will practice two times per week. Athletes who are placed on a junior or senior level team should also plan to compete at The All-Star Worlds should their team receive a bid invitation. For the 2024-2025 season, athletes on a mini or youth team will only travel to an end of season event should they get a paid bid to attend.





# Practices and Other Info



## Practices:

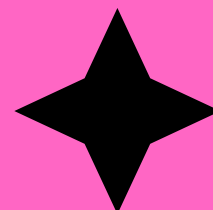
Summer Practices will be finalized when teams are announced on May 24th. Team practices will be scheduled Sundays through Thursdays. There will be no team practices on Fridays or Saturdays. Some teams may do two weekday practices in the summer (as we try to avoid summer Sundays as much as possible), but switch to a Sunday practice during the school year. We will try to keep practices close to the same times in the school year that they will practice in the summer, with the exception of some teams moving to Sundays. Extra practices and makeup practices will be scheduled from time to time.

## NEW THIS SEASON Tumbling:

All athletes trying out will take a May tumbling class. For current team members, your existing tumbling class will continue. New athletes will choose their class when enrolling in tryouts. Starting in June, tumbling will be incorporated with your team practices so team coaches can personally work with their athletes on tumbling skills. Team tumbling classes will include skills that need to be worked on as a team as well as growing and developing new skills. All team athletes may add additional tumbling classes at any time for a 25% discount from the regular class price!

## Flyer Class:

If your athlete is selected to be a flyer on the team, there will be a mandatory flyer & body position class that they must enroll in for the year. This will be offered on multiple evenings and at a discounted rate. Flyers classes will start in June.



# Uniforms, Practice Gear, Travel



## Uniforms/Practice Wear

We are so excited to have a new uniform design this year! Uniform fittings will be June 9th. Elite and Prep Athletes are required to wear matching practice tops. Prep teams will have one new design practice top and Elite teams will have 2 practice tops-the teal top from last season and a new design practice top. All team members should wear plain black shorts/skirt with their practice top. Novice Uniform fittings will be in September, day/time TBA.



## Travel

For most events we will have blocks of rooms you can book under, but aren't required to stay at a specific hotel. **NEW THIS SEASON:** We will provide you with "Travel Dates", days that you can travel, that way there are no questions about when practices will be the week of competition! Possible locations to travel this year include, Kansas City, Souix City, Des Moines, Council Bluffs/Omaha, Dallas, Denver.



## End of Season Events

For the 2024-2025 Season, Senior and Junior Teams will try to earn a bid for All-Star Worlds. If the team earns a bid they will attend All-Star Worlds in Orlando, Florida at the end of April. All mini, and youth teams will not be traveling to an end of season event for the 2024-2025 season unless they earn a PAID BID. For these end of season events you will be charged additional fees that are not included in the listed payments on the next page. A payment plan for the fees will be sent out following earning a bid.



# PRACTICES AND CAMPS 2024-2025

## ALL STAR NOVICE TEAMS

Level	Team Practice	When	Competitions	Mandatory Choreo. Camp
Tiny Novice	Season runs September 2024-End of April 2025	1 hour practice time, once per week	2 competitions in Council Bluffs/Omaha and 1 performance in Lincoln.	Choreography Camp will be in September, Date TBD
Mini, Youth, and Jr Novice	Season runs September 2024-End of April 2025	1.5 hour practice time, once per week.	3 competitions in Council Bluffs/Omaha and 1 performance in Lincoln	Choreography Camp will be in September, Date TBD

## ALL STAR PREP TEAMS

Level	Team Practice	When	Competitions	Mandatory Choreo. Camp
Prep Teams	Season runs May 2024- END OF April 2025	(1) 2.5 hour practice & tumbling per week <small>*Tiny will probably tumble a different day than team practice TBD</small>	5 Competitions, 1 Performance in Lincoln	Exact dates and Times TBD- Please hold the Dates of July 8- July 14

## ALL STAR ELITE TEAMS

Level	Team Practice	When	Competitions	Mandatory Choreo. Camp
Level 1 & 2	Season runs May 2024- END OF April 2025	(1) 1.75 hour practice per week & (1) 2.75 hour tumbling/practice per week	7-8 Competitions, 1 Performance in Lincoln	Exact dates and times TBD-Please hold the dates of July 8-July 14
Level 3	Season runs May 2024- END OF April 2025	(1) 2.5 hour practices per week & (1) 3 hour tumbling/practice per week	7-8 Competitions, 1 Performance in Lincoln	Exact dates and times TBD-Please hold the dates of July 8-July 14
Level 4+	Season runs May 2024- END OF April 2025	(1) 3 Hour practices per week & (1) 3.5 hour tumbling/practice per week	7-8 Competitions, 1 Performance in Lincoln	Exact dates and times TBD-Please hold the dates of July 8-July 14





# BREAKDOWN OF PAYMENTS 2024-2025

## ALL STAR NOVICE TEAMS

	July 31- August 31	August 21st	October 1st	November 1st	Monthly Tuition
<b>Tiny Novice</b>	\$80	\$55	\$95	\$185	\$73
<b>Mini, Youth, and Jr Novice</b>	\$80	\$55	\$125	\$285	\$110
<b>What you are paying for</b>	Sign up fees-\$65 Annual Fee \$15 Team T-Shirt	Cheer Shoes (If you are new or need new shoes)	Uniform and Bow	Competition fees, Music, Music License fee	Monthly Tuition Amount

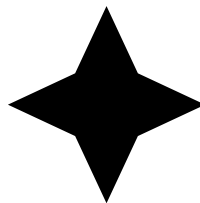




# BREAKDOWN OF PAYMENTS 2024-2025

## ALL STAR PREP TEAMS

	April 1- April 30th	May 15th	June 1st	June 15th	July 1st	July 15th	Aug. 1st	Sept. 1st	Oct. 1st	Nov. - April 1st
<b>Total Payment</b>	\$235	\$276	\$276	\$250	\$276	\$276	\$276	\$276	\$276	\$140
<b>What you are paying for</b>	\$75 Annual Membership Fee  \$20 "Early Bird" Tryout fee  \$55 May Tumbling  \$85 2 weeks of Tryout Practices	Team fees Payment #1 New Practice Top Team Shirt Spirit Gifts Fee Pictures Team Makeup	Tuition  Team Fees Payment #2	Uniform and Bow Payment	Tuition  Team Fees Payment #3	Team Fees Payment #4	Tuition  Team Fees Payment #5	Tuition  Team Fees Payment #6	Tuition  Team Fees Payment #7	Monthly Tuition Amount





# BREAKDOWN OF PAYMENTS 2024-2025

## ALL STAR ELITE TEAMS

	April 1-April 30th	May 15th	June 1st	June 15th	July 1st	July 15th	Aug 1st	Aug 15th	Sept. 1st	Oct. 1st	Nov. - April 1st
What You Are Paying For	\$75 Annual Membership Fee  \$20 "Early Bird" Tryout fee  \$55 May Tumbling  \$85 2 weeks of Tryout Practices	Team fees Payment #1 New Practice Top Team Shirt Spirit Gifts Fee Pictures Team Makeup	Tuition Team Fees Payment #2	Uniform, and Bow Payment	Tuition Team Fees Payment #3	Team Fees Payment #4	Tuition Team Fees Payment #5	Team Fees Payment #6	Tuition Team Fees Payment #7	Tuition Team Fees Payment #8	Monthly Tuition Amount
Mini Teams	\$235	\$385	\$350	\$500	\$350	\$350	\$350	\$350	\$350	\$350	\$160
Levels 1-2	\$235	\$425	\$400	\$500	\$400	\$400	\$400	\$400	\$400	\$400	\$160
Level 3	\$235	\$430	\$410	\$500	\$410	\$410	\$410	\$410	\$410	\$410	\$175
Level 4+	\$235	\$430	\$420	\$500	\$420	\$420	\$420	\$420	\$420	\$420	\$185

## ADDITIONAL FEE FOR NEW ELITE MEMBERS/OPTIONAL ITEMS

May 9-11	May 15th	June 15th	September 15th
\$105 Elite Cheer Shoes/\$55 Prep Cheer Shoes (If needed) Order during skill evaluations	\$250 Team Deposit This fee rolls over for returning members who fulfilled their 2023-2024 commitments	\$50 Teal Practice top (Returning members already have if it still fits)	2nd order of Cheer Shoes (if needed) Optional backpacks & team warm-ups

**TEAM DEPOSIT**-WE TAKE YOUR COMMITMENT TO YOUR TEAM FOR THE SEASON VERY SERIOUSLY. YOUR TEAMMATES ARE INVESTING A LOT OF TIME AND FINANCES INTO BEING ON A TEAM, AND WHEN SOMEONE ON THE TEAM DOESN'T FOLLOW THROUGH WITH THEIR COMMITMENT, IT EFFECTS EVERYONE. THIS CAUSES THE TEAM TO HAVE TO LEARN NEW PARTS, CHANGE STUNT GROUPS, OR EVEN MAKE US HAVE TO TAKE OUT AN ENTIRE STUNT GROUP, WHICH IS NOT FAIR TO THE ATHLETES WHO HAVE BEEN WORKING TOGETHER FOR MONTHS. OUR CHOREOGRAPHERS CREATE AND CHOREOGRAPH SEAMLESS ROUTINES WITH PERFECT TRANSITIONS AND WHEN SOMEONE IS NO LONGER ON THE TEAM, OUR CX COACHES HAVE TO SPEND MANY HOURS OF PRACTICE TO CHANGE AND RE-DO FORMATIONS AND TRANSITIONS, AND WORK WITH TEACHING A REPLACEMENT. THIS IS TIME THAT COULD HAVE BEEN BETTER SPENT HELPING THE TEAM LEARN NEW SKILLS AND IMPROVE. WHEN YOU MAKE A COMMITMENT TO YOUR TEAM, YOU SHOULD BE HELD ACCOUNTABLE AND FOLLOW THROUGH. WE CHARGE A \$250 TEAM COMMITMENT DEPOSIT FEE THAT WILL BE PAID AT THE BEGINNING OF THE SEASON FOR **NEW** ELITE TEAM ATHLETES. WHEN YOUR ATHLETE(S) FULFILL THEIR COMMITMENT TO THEIR TEAM(S), THIS DEPOSIT CAN EITHER BE REIMBURSED AT THE END OF THE SEASON, OR IT WILL ROLLOVER TO THE NEXT SEASON. THIS FEE IS BASED PER FAMILY, NOT PER ATHLETE. ADDITIONALLY, WE WILL BE CHARGING AN ADDITIONAL \$350 "BREAK OF CONTRACT FEE" FOR ANY ELITE TEAM ATHLETE WHO CHOOSES TO QUIT THEIR TEAM AFTER CHOREOGRAPHY CAMP HAS TAKEN PLACE.



# BREAKDOWN OF PAYMENTS 2024-2025

## CROSSOVER FEES

Crossover Tentative Team Fees	Prep Teams	Mini Elite Teams	Levels 1 & 2 Elite Teams	Levels 3+ Elite Teams	Amounts that will be charged automatically on the date below
Camp, Spirit Gift Fee, Music Fee, Team T-Shirt	\$325	\$485	\$600	\$600	Due September 15th
Crossover Competition Fees	\$325	\$485	\$585	\$585	Due November 15th

**CROSSOVER ATHLETES**- ATHLETES WHO CROSSOVER ONTO A SECOND PREP OR ELITE TEAM WILL HAVE SLIGHTLY DISCOUNTED ENTRY FEES FOR THEIR 2ND TEAM. PAYMENT OF THESE FEES FOR YOUR 2ND TEAM ARE DUE IN SEPTEMBER & NOVEMBER. SECOND TEAM FEES CAN BE ADDED TO YOUR FIRST TEAM AND DIVIDED BETWEEN YOUR TUITION & TEAM FEES PAYMENTS, OR WILL BE WITHDRAWN ON THE DUE DATE. THIS IS THE TOTAL FOR THEIR COMPETITION FEES FOR THE ENTIRE SEASON. CROSSOVER ATHLETES WHO COMPETE ON TWO TEAMS WILL BE CHARGED \$15/MONTH TUITION FOR THEIR 2ND TEAM ON THE 1ST OF EACH MONTH

**SEASON CHANGES**-WE PLAN OUR FUTURE SEASON AS MUCH AS POSSIBLE, BUT SOME PARTS THAT ARE TENTATIVE AT THIS POINT SINCE WE HAVE NOT RECEIVED ALL COMPETITION DATES OR PRICES FROM COMPETITION COMPANIES YET, WE ARE BASING PRICES OFF OF LAST SEASON, SO IT SHOULD BE FAIRLY ACCURATE. IF PRICES CHANGE MORE THAN EXPECTED, WE WILL TRY TO SELECT DIFFERENT EVENTS TO ATTEND THAT ARE IN OUR PRICE RANGE. IF THEY CHANGE, YOU MAY HAVE A SMALL AMOUNT EXTRA TO PAY IN ENTRY FEES IN NOVEMBER. COMPETITION DATES FOR NEXT SEASON WILL BE ANNOUNCED IN JUNE, BUT PLEASE KEEP IN MIND THOSE COULD ALSO CHANGE AND WILL BE TENTATIVE AT THAT TIME. IF YOU GO THROUGH THE ENTIRE TRYOUT PROCESS AND CHOOSE NOT TO ACCEPT YOUR PLACE ON YOUR NEW TEAM WHEN THEY ARE ANNOUNCED, THE ONLY FEES PAID THAT WILL BE REFUNDABLE AT THAT TIME ARE YOUR SPIRIT GIFT FEE, TEAM SHIRT, CAMP DEPOSIT AND TEAM COMMITMENT DEPOSIT AS LONG AS YOU LET US KNOW BY MAY 31ST. YOUR ANNUAL MEMBERSHIP FEE WILL BE GOOD FOR ANY CLASSES OR CAMPS YOU TAKE FOR THE NEXT YEAR, AND YOUR PRACTICE TOP CAN BE WORN TO CLASSES OR SOLD TO ANOTHER CX ATHLETE. TEAMS ARE CREATED WITH A SPECIFIC AMOUNT OF TEAM MEMBERS AND IF YOU BREAK YOUR COMMITMENT TO THE TEAM, SOMEONE ELSE WILL HAVE TO TAKE YOUR PLACE. IF YOU CHOOSE TO GO THE ROUTE OF PAYING THE YEAR IN FULL, THERE WILL BE NO REFUNDS FOR MONIES PAID IF YOU CHOOSE TO LEAVE BEFORE THE END OF THE SEASON.

**PAYMENT OPTIONS**-ALL PAYMENTS WILL BE DONE ONLINE AND WILL AUTOMATICALLY COME OUT OF THE CHECKING OR SAVINGS ACCOUNT YOU ENTERED INTO YOUR ICLASS ACCOUNT. YOU CAN ALSO CHOOSE TO PAY WITH A CREDIT OR DEBIT CARD, BUT A 4% FEE WILL BE ADDED FOR ALL CARD PAYMENTS. OPTION #1- PAY MONTHLY- YOUR ACCOUNT WILL BE AUTOMATICALLY WITHDRAWN ON EACH DUE DATE. OPTION #2- PAY YEAR IN FULL- PAY THE ENTIRE CHEER SEASON IN ONE PAYMENT AND GET A HALF MONTH OF TUITION FREE! THIS INCLUDES ALL FEES DUE AFTER MAY 30TH, INCLUDING YOUR UNIFORM. ANY FEES DUE PRIOR TO MAY 30TH WILL BE AUTOMATICALLY DEDUCTED IN YOUR ONLINE PORTAL ON THE DUE DATES. PLEASE EMAIL PAMELA AT CHEERXPRESSOFFICE@GMAIL.COM BY MAY 28TH IF YOU PLAN TO PAY THE YEAR IN FULL AND TO GET YOUR TOTAL. YOUR ACCOUNT WILL BE CHARGED ON MAY 31ST.

# Other Information

**Attendance**-Cheer is a team sport so attendance is crucial to the success of the team. It's imperative that each athlete supports their team by being present and ready to participate in all practices. If an athlete needs to be absent, we need to know in writing at least 1 week in advance so coaches can plan practice accordingly. If we are not given a 1 week notice, the absence will be considered unexcused (exception would be a family emergency or contagious illness). If an athlete has more than 2 unexcused absences or an excessive amount of absences, coaches will meet with the student and family to come up with a plan. The week before competition is a **BLACKOUT** week meaning practices are mandatory.

**Communication**-We use a free app called **BAND** to communicate to families. All important information will run through this. More details will be coming after tryouts!

**Competition Schedule**-Many Competition producers start releasing schedules in May. We will try to get a schedule out to all families in mid-June. We want to make sure we make the best schedule for families with lots of things to consider when making the schedules.

**Parents and Practices**-Parents are welcome to watch practice from the lobby area, although at some times, teams will be in the back gym where you are unable to see them. We have to think of all teams and we utilize different floors for different reasons, but we will try to make sure you are able to watch your athletes for part of their practice. At no time is it allowed for a parent to enter the gym, unless told by a coach that you can come in and watch a routine. If you need assistance, please ask the office staff and they can help. The lobby is for your convenience to watch your child while they practice. Siblings should be monitored at all times, no running or jumping on the furniture. The lobby **WILL** be a positive environment. Gossip about athletes, coaches or other parents will not be tolerated. Coaches have the right to shut the windows at times during practices if they feel they need more focus from the athletes.

**Team Placement**-Creating teams is like a giant puzzle! We look at all aspects of cheer when creating our teams. Stunting, tumbling, jumps/motions, dance, showmanship are all factors we look at when creating our teams. We want to create teams that are competitive and that can score the best they can at competitions.

**Questions?**-Please contact Ashley and Julian via email at [cheerxpressinfo@gmail.com](mailto:cheerxpressinfo@gmail.com)



# Important Dates:



- APRIL 1ST-APRIL 30TH-EARLY BIRD PRICING WHEN YOU SIGN UP FOR PREP AND ELITE TEAM TRYOUTS
- MAY 1ST-MAY 6TH-FULL PRICE WHEN YOU SIGN UP FOR PREP AND ELITE TEAM TRYOUTS
- MAY 1ST-TUMBLING CLASSES CONTINUE OR BEGIN FOR NEW ATHLETES TRYING OUT FOR ELITE AND PREP TEAMS
- MAY 6TH-9TH- INDIVIDUAL ATHLETE SKILL EVALUATIONS FOR OUR 2024-2025 PREP AND ELITE TEAMS
- MAY 10TH-YOU WILL RECEIVE AN EMAIL AS TO WHAT TRYOUT PRACTICES YOUR ATHLETE IS INVITED TO ATTEND
- MAY 13TH-23RD-TRYOUT PRACTICES
- MAY 23RD -TEAM REVEAL AT CHEER XPRESS AT 4:30 PM
- MAY 26TH-JUNE 2ND-NO TEAM PRACTICES, BUT TUMBLING WILL CONTINUE
- JUNE 3RD-SUMMER PRACTICES START
- JUNE 3RD-PREP & ELITE TEAM MEMBERS MUST CREATE OR RENEW THEIR USASF MEMBERSHIP. EACH PARENT WILL SET UP/RENEW & PAY THE FEE ONLINE AT USASFMEMBERS.NET ATHLETES WHO TURN 18 DURING THE SEASON WILL ALSO BE REQUIRED TO PAY FOR A BACKGROUND CHECK. DIRECTIONS WILL BE SENT OUT.
- JUNE 9TH-UNIFORM FITTINGS AT CHEER XPRESS TIMES TBD
- JUNE 30TH-JULY 7TH-GYM IS CLOSED FOR MID-SUMMER BREAK
- JULY 8TH-JULY 14TH- PLEASE HOLD THESE DATES FOR CHOREOGRAPHY CAMP, EXACT TIMES AND DATES WILL BE SENT OUT BY JUNE 1ST.
- AUGUST 11TH-17TH-NO TEAM PRACTICES, BUT TEAM TUMBLING WILL CONTINUE (TIMES TBD)
- AUGUST 18TH-FALL SCHEDULE BEGINS
- SEPTEMBER 1ST AND 2ND-CLOSED FOR LABOR DAY WEEKEND
- SEPTEMBER 3RD-NOVICE TEAM PRACTICES BEGIN
- OCTOBER 31ST-CLOSED FOR HALLOWEEN
- NOVEMBER 27TH-30TH-CLOSED FOR THANKSGIVING
- DECEMBER 22ND-JANUARY 4TH-CLOSED FOR WINTER BREAK  
ELITE TEAMS WILL PRACTICE DECEMBER 29, DECEMBER 30, JANUARY 2ND. MORE INFO ANNOUNCED AT A LATER DATE.
- MARCH 9TH-15TH-CLOSED FOR SPRING BREAK
- APRIL 30TH-CLOSED FOR EASTER

